A PEAK EXPERIENCE

THIS JOURNEY THROUGH THE ANDES WAS NO AVERAGE TRIP PAGES 6 & 7

REGINA metro®

WEEKEND, August 17-19, 2012

News worth sharing.

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Local MS sufferer heads to U.S. for possible liberation therapy

Waiting and hoping. Saskatoon resident is first from the province to have a shot at spot in Albany, N.Y., trial for controversial treatment

A Saskatchewan man who is going to the U.S. to see if he can take part in the so-called liberation treatment for multiple sclerosis says he's both terrified and excited.

Andrew Dahlen is the first Saskatchewan resident to go to Albany, N.Y., for the final eligibility screening in a two-year, double-blind clinical trial.

The province is putting up $2.2 million to have 86 Saskatchewan patients take part.

The nature of the double-blind study means half of those participating in the trial will receive liberation therapy and half will get a placebo procedure.

Dahlen says even if he were to get the placebo, that would still be good research on the progression of MS.

The 28-year-old Saskatoon resident also says the possible benefit would outweigh the risks and remains optimistic.

"In any scientific test there has to be a control group, so I'm thinking even if I do just get the placebo effect it will still have some good research," said Dahlen.

The U.S. Food and Drug Administration issued a warning in May about liberation therapy. The FDA warned healthcare professionals and patients that injuries and deaths have been associated with the use of the experimental procedure.

THE CANADIAN PRESS

Andrew Dahlen, a multiple sclerosis patient, speaks to media after a press conference in Saskatoon on Thursday. Dahlen is the first Saskatchewan resident to fly to Albany, N.Y., to possibly be a part of a clinical trial of chronic cerebrospinal venous insufficiency (CCSVI) to relieve symptoms of MS. LIAM RICHARDS/THE CANADIAN PRESS

Rider Nation sounds off

Is it consistency? Discipline? Execution? Riders fans tell us what they think the team needs to do to snap out of a three-game losing streak PAGE 3

The dark side

Kids' flick ParaNorman is an eerie tale too scary for the very young and on the flat side for the old, say Metro's Reel Guys PAGE 12

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Independence Day

Free event to celebrate India

The India Canada Association of Saskatchewan is celebrating India's Independence Day with a free family event in the lobby of the Conexus Arts Centre. It runs this Saturday from 12 to 5 p.m. and includes a variety of offerings, including Indian dance performances, henna tattoos and Indian food. Access to the lobby for this event is free.

Starting at 6:30 p.m. a performance will begin on the main stage, featuring a group of Bollywood dancers, singers and musicians from Toronto. Tickets for this event are $25. METRO

Taking responsibility

Refinery owns up to $100M explosion

Federated Co-operatives Limited has accepted responsibility for a $100-million hydrogen and fuel explosion that injured more than 50 people last fall.

CEO Scott Banda said Thursday he accepts an investigator's findings, which confirmed five separate pipe ruptures occurred at the refinery in northeast Regina on Oct. 6.

Reports also note the explosion was caused by the failure of a six-inch reactor effluent line carrying fuel and hydrogen, and that pipe walls on either side of the rupture were worn away by internal corrosion.
METRO

Feds

Areva uranium mining project in Saskatchewan gets environmental OK

The federal government has approved the environmental assessment of Areva's proposed Midwest project in northern Saskatchewan.

Environment Minister Peter Kent gave the project the OK after ruling it is not likely to cause significant adverse environmental effects given planned measures to reduce risks and follow-up programs.

Areva's Midwest deposit is in the eastern Athabasca Basin, about 750 kilometres north of Saskatoon. The company said Thursday that several steps still remain before the Midwest partners can reach a decision regarding the project, including completion of an updated feasibility study.

The Midwest joint venture includes Areva, Denison Mines Corp. and OURD Canada Co. Ltd.
THE CANADIAN PRESS

Riders fans look for a way out of losing streak

CFL. Fans sound off on how their team can turn things around

JEFF MACKEY
jeff.mackey@metronews.ca

It has been a dramatic, rocky start for the Saskatchewan Roughriders this season and fans have more than a few ideas on how to turn it all around.

"Become more disciplined again, have better execution and play the full 60 minutes," said longtime Riders fan Trent Walker in Regina.

If the Riders want to prevent a four-game slide they need to beat the league-leading and defending Grey Cup champion B.C Lions in Vancouver this Sunday.

"If the Riders can overcome a fourth-quarter collapse and limit picks and fumbles, they can bounce back from a three-game losing streak," said Justin Blahitka of Saskatoon.

Regina resident Chris Oxtoby added: "I don't see them winning this game, but it is the CFL and strange things do happen. It just takes time. Everyone says they will be 9-9 this year but I guess we will just have to wait and see."

The last time the Riders and Lions played, the Riders took the game 23-20 at Mosaic.

Khalif Mitchell

Suspension won't hurt Lions much: Chamblin

B.C. Lions defensive lineman Khalif Mitchell will miss Sunday's game against the Riders due to a two-game suspension.

Riders head coach Corey Chamblin doesn't think Mitchell's absence will have too big of an impact on the game.

"He's a beast, but one thing I can tell you about the B.C Lions — they have a stable over there," said Chamblin.

Saskatchewan Roughrider Eddie Russ fails to block the pass for a touchdown by Edmonton Eskimo Cary Koch on Aug. 10. JOHN ULAN/THE CANADIAN PRESS

SMEN 1

Mobile news

We know them as strong, fierce women who dominate their chosen sports, but off the athletic stage they could pass for supermodels. Scan the code to see their transformation.

Police search continues after body parts found in river near Toronto

Gruesome discovery. Police are still uncertain whether woman's head and a foot found at a suburban park belong to the same person

The gruesome discovery of a woman's head and a severed human foot in the river of a suburban park in Mississauga, Ont., had police scouring the water, parklands and surrounding rocky hills Thursday in search of more body parts.

The foot also appears to belong to a female, as the toenails were painted yellow, police said, but until pathology tests are done investigators cannot say if both the head and the foot are from the same person.

"Without a cause of death we can't call it homicide, but certainly foul play — there's definitely something amiss," said Peel Regional Police Acting Insp. Randy Cowan.

The size of the body parts do not suggest they are from a child, Cowan said.

A group of hikers found the bare right foot severed from the ankle down Wednesday in the Credit River near Hewick Meadows Park, a popular spot for family walks in the quiet residential neighbourhood. The police marine unit found the head Thursday.

"It's a grim discovery any time we get these calls," Cowan said. "It's certainly disturbing."

Search crews, divers and dogs combed the area, and police expected to be on scene for at least two days. Investigators are also asking for the public's assistance.

Officers are sifting through missing-person reports, in case any have a link to the body parts, Cowan said.

"Typically in the region there are always a number of outstanding missing people," he said. "The majority of those return safely.... We are going through those reports right now, reaching out to family members."

Investigators believe the body parts were severed in the last few weeks.

Police couldn't say if the body parts were placed there or if they drifted there from another point upstream in the river, which flows from headwaters above the Niagara Escarpment to Lake Ontario.

THE CANADIAN PRESS

A police dog searches the banks of the Credit River near Hewick Meadows Park in Mississauga, near Toronto, after police discovered a woman's severed head on Thursday. Hikers also found a severed human foot in the area the previous day. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Ecuador grants asylum to WikiLeaks founder Assange

A masked supporter of WikiLeaks founder Julian Assange holds up a sign outside the Ecuadorian Embassy in London on Thursday. SANG TAN/THE ASSOCIATED PRESS

He's won asylum in Ecuador, but Julian Assange is no closer to getting there.

The decision by the Latin American nation to identify the WikiLeaks founder as a political refugee is a symbolic boost for the embattled ex-hacker. But legal experts say that does little to help him avoid extradition to Sweden on sexual-assault allegations.

Instead, with British officials asserting they won't grant Assange safe passage out of the country, the case has done much to drag the two nations into an international faceoff.

The silver-haired Australian shot to international prominence in 2010 after he began publishing a huge trove of American diplomatic and military secrets — including a quarter-million U.S. Embassy cables that shed a harsh light on the backroom dealings of U.S. diplomats.

Amid the ferment, two Swedish women accused him of sexual assault and Assange has been fighting extradition to Sweden ever since.

The convoluted saga took its latest twist on Thursday, when Ecuadorean Foreign Minister Ricardo Patino announced that he had granted political asylum to Assange, who has been holed up inside the small, coastal nation's embassy since June 19.

He said Ecuador was taking action because Assange faces a serious threat of unjust prosecution at the hands of U.S. officials.

Ecuador's decision was warmly received by the 41-year-old Assange, who watched as it was announced in a live televised news conference from Quito. In a statement he praised Ecuador's "courage."

THE ASSOCIATED PRESS

Political gambit?

- Assange and others have expressed fears that the Swedish sex case is merely the opening gambit in a plot to make him stand trial in the United States.
- Patino said he tried to secure guarantees from the Americans, the British and the Swedes that Assange would not be extradited to the U.S., but was rebuffed by all three.

Unscheduled landing

Moscow flight faces bomb threat

An Aeroflot plane carrying 256 people from New York to Moscow made an unscheduled landing in Iceland on Thursday following a report of a bomb on board, authorities said. Police said no explosives were found after an extensive search.

The plane landed at Iceland's Keflavik International Airport where baggage and passengers were being inspected as part of the search for explosives. Two passengers were briefly taken into custody for questioning but were released.

Officials said all the passengers were safe and being taken care of by the Red Cross at the airport.

THE ASSOCIATED PRESS

Centre evacuated

FedEx workers exposed to chili

More than 100 employees at the FedEx hub in Memphis, Tenn., were treated at the scene after a forklift punctured a barrel of concentrated chili pepper extract.

Memphis fire officials say the 19-litre container was damaged outside the building early Thursday morning and 117 employees were being evaluated and decontaminated.

Authorities identified the substance as liquid capsaicin, a chili-pepper component that's also an active ingredient in pepper spray. Company spokesman Chris Stanley says this batch was destined for hot sauce.

THE ASSOCIATED PRESS

Northern Alberta

Woman lost in bush finds shelter in remote cabin

An Alberta woman lost in northern bush for two weeks faced off with a bear, ate berries and sipped water from streams before she found a remote hunting cabin she believes saved her life.

Rhonda Cardinal recalled Thursday how she broke a small window to get into the cabin.

Inside, she found more water, canned food and socks for her blistered and infected feet.

On Wednesday she came across a road and within minutes waved down an oilfield worker driving by in his truck and told him her story. THE CANADIAN PRESS

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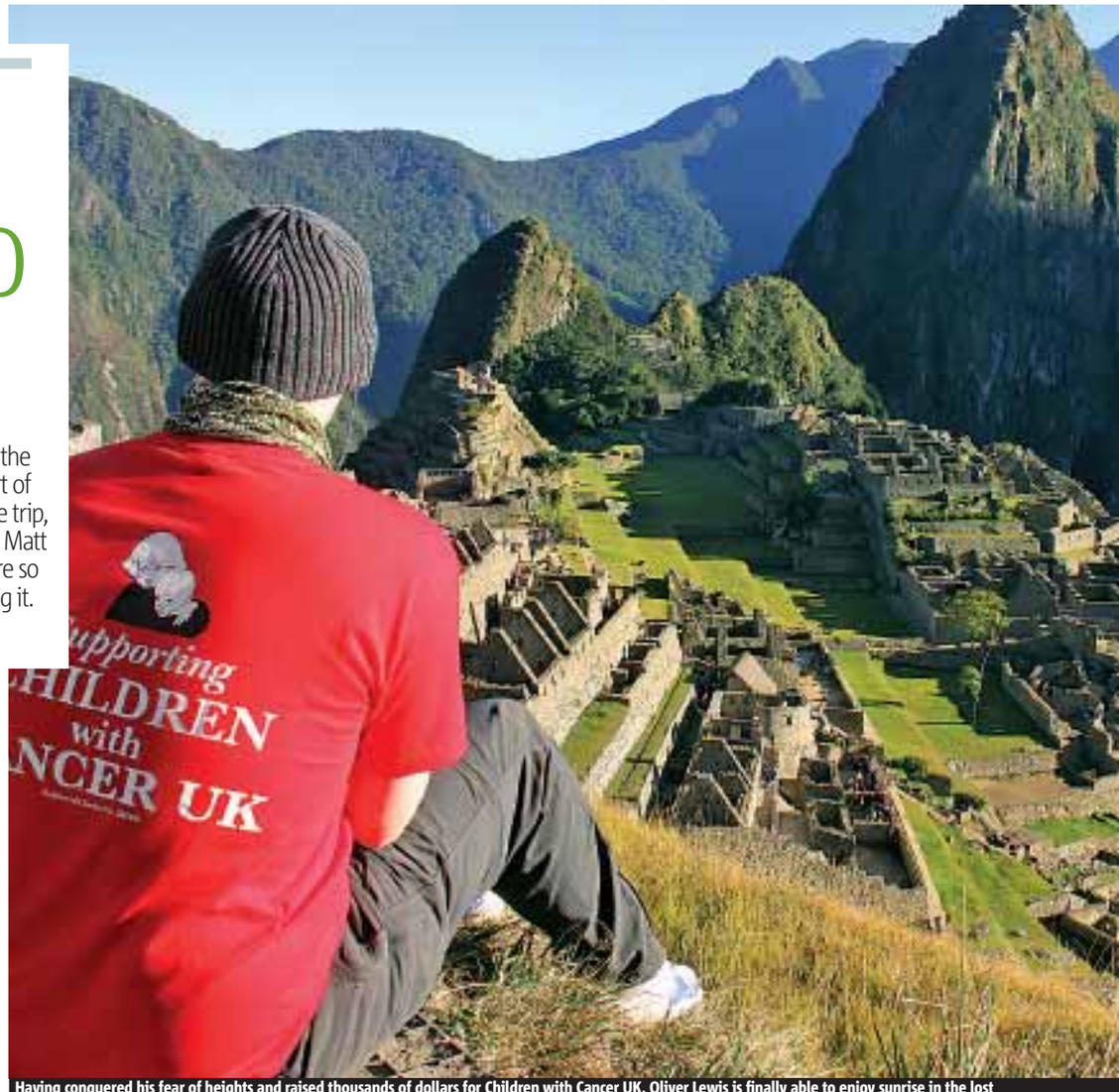
GOING A LONG WAY TO GIVE BACK

As a group of trekkers faced an arduous route through the Andes to Machu Picchu, they at least knew the first part of their challenge was already behind them: To come on the trip, they had to raise thousands of dollars for charity. Metro's Matt Kieltyka went along to discover why these travellers were so determined to change the world while they were seeing it.



Having conquered his fear of heights and raised thousands of dollars for Children with Cancer UK, Oliver Lewis is finally able to enjoy sunrise in the lost Incan city of Machu Picchu, Peru, on Aug. 3. MATT KIELTYKA/METRO

MATT KIELTYKA
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One foot in front of the other. One step at a time.

It's a rule to live by for adventurers trekking through the Peruvian Andes.

When you're short of breath from the incredible altitudes and fatigued from hours of walking through intimidating mountainous terrain, sometimes the trick is to just keep going. Take enough small steps and you'll eventually reach your goal.

Nottingham, England, resident Oliver Lewis, 28, experienced that on a recent trek through the remote Lares Valley and on the classic Inca trail to Machu Picchu.

Even when a very real fear of heights threatened to stop him in his tracks — no thanks to a cow inexplicably and stubbornly resting on a narrow ledge high above the rainforest — Lewis was able to shimmy around the beast and over the vertigo-inducing trail, albeit while clinging onto his guide's walking poles for dear life.

One step at a time. It's a mantra his entire family is now intimately familiar with. Lewis's five-year-old nephew, Thomas, is on a much different kind of journey, having been being diagnosed with leukemia in December.

Together, the family has been taking it one step at a time as Thomas endures chemotherapy to treat the disease. Those difficult steps are what brought Lewis to Peru and what forced him to face his fears head-on.

"I've been trying to get my head around what I can do to give something back. Not just to my nephew, but other people who are affected by that same disease," Lewis says.

The desire to do something positive in the face of his family's adversity led Lewis to Charity Challenge, a U.K.-based adventure tour company that requires clients to raise money for charity before taking off.

He instantly gravitated to their trip to Machu Picchu — the forgotten Incan city and one of the New Seven Wonders of the World.

"If a five-year-old can go through chemotherapy and all the nastiness that goes with it, then I can do my best to raise money for charity and conquer my fear of heights," he says.

"I can't imagine what my sister is going through, so for me this is a way of saying, 'I admire what you're doing and I want to do something to give back and show I can do more.'"

> "If a five-year-old can go through chemotherapy and all the nastiness that goes with it, then I can do my best to raise money for charity and conquer my fear of heights." Charity Challenge participant Oliver Lewis

With the help of his family, Lewis — who lost his father to cancer — had raised more than $8,500 for Children with Cancer UK by the time he embarked on his trip to Peru in late July.

Once there, he met a group of strangers all equally committed to and personally affected by a cause — whether that was overcoming cancer, arthritis, poverty or heart disease, or providing care for terminally ill patients.

Along the way, they pushed each other to complete sometimes-gruelling days through the vast Lares Valley and climb thousands of stairs up to Machu Picchu. They consoled each other when sickness or injury cut a hiker's day short.

The group donated school supplies to beaming children in remote villages and was greeted by descendants of the Incans, with their stunningly bright and colourful handwoven alpaca clothing.

His trek may be over, but Lewis is eager to retrace his steps, this time at Thomas's side.

Armed with new, awe-inspiring tales of Andean children, towering heights, ancient cities and adventure, Lewis is helping Thomas on his journey.

"That's the icing on the cake," Lewis says, smiling. "I can go home, show him pictures and give him funny, strange little Peruvian presents that he probably hasn't even imagined existed."

Oliver Lewis is pictured with his five-year-old nephew, Thomas. Lewis recently completed a nine-day Charity Challenge trek through Peru to raise money for Children with Cancer UK. CONTRIBUTED

Witnessing disparity along the Inca trail

The South American country of Peru is a rapidly developing nation and a hotbed for tourism because of its coastal charm, lost Incan treasures, Amazonian allure and Andean peaks. But behind the big cities and strong agricultural traditions, the United Nations Children's Fund (UNICEF) says chronic malnutrition still exists to an alarming degree.

"Peru is an interesting place because it's technically a middle-income country with dropping levels of poverty," explains Meg French, UNICEF Canada's director of international programs. "Things look like they are improving, but the national figures are a little bit misleading."

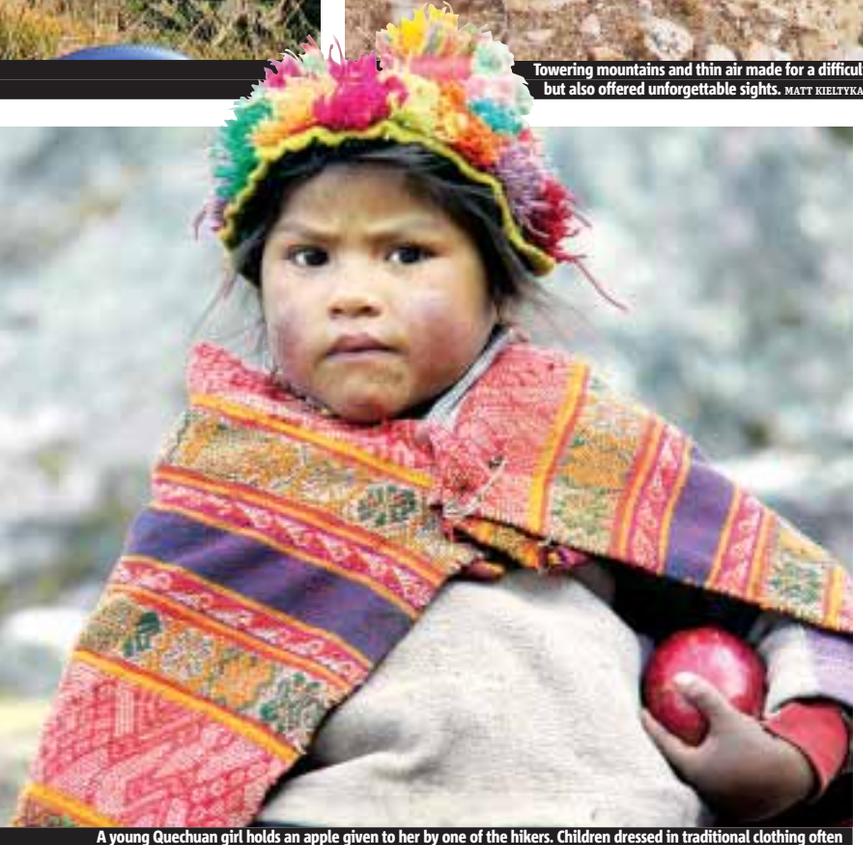
Conditions for children in urban populations have been rapidly improving — with malnutrition rates below 10 per cent — but indigenous, rural populations still have chronic malnutrition rates of about 30 per cent.

For an outsider it's a difficult concept to grasp, given how many families make a living off Peru's fertile farmlands. The problem, says UNICEF co-ordinator Deisy Moscoso, is that those families often sell their crops for profit and restrict their own children's diets to soups.

Moscoso is based in Cusco, a sprawling Andean city renowned as the capital of the Incan empire, where more than a million tourists pass through annually on their way to Machu Picchu. But beyond the city boundaries, many of the indigenous Quechuas still lack the knowledge to properly feed children under the age of three, stunting their development.

"It's tricky because you don't see full-out malnutrition," says French. "Some of the children can look very healthy at first glance, but that doesn't mean they're getting the right nutrients and vitamins. On the inside, their brains may not be developing the same, and it affects everything from health to intellectual development." MATT KIELTYKA/METRO

Towering mountains and thin air made for a difficult journey through the Peruvian Andes, but also offered unforgettable sights. MATT KIELTYKA/METRO



A young Quechuan girl holds an apple given to her by one of the hikers. Children dressed in traditional clothing often ran out of their homes to greet the group as it passed remote Andean villages. MATT KIELTYKA/METRO

Ready for a Challenge?

If you've been inspired by Matt's experience, you can join one of more than 50 challenges around the world, including climbing Kilimanjaro in Africa, trekking on the Great Wall of China or cycling from Havana to Trinidad, all in aid of the Canadian charity of your choice. Visit charitychallenge.ca for the full list of challenges available.

And if you're one of the next 10 people to sign up for the trek to Machu Picchu on May 3, 2013, in aid of UNICEF, or on May 10, 2013, in aid of the Canadian Breast Cancer Foundation, you can get $150 off the cost of the challenge by entering the special promotional code METROUNICEF05032013 for UNICEF, and METROCBCF05102013 for the Canadian Breast Cancer Foundation.

For music, more pictures and a diary of Matt's trip to Machu Picchu, visit metronews.ca.

Meet the Machu Picchu trekkers

MATT KIELTYKA/METRO

1 Lianne Azzopardi.
Charity: Cancer Research UK

"All my friends go on party holidays and I really didn't want to do that. I wanted to do something that made more of a difference. I had already signed up to do a community action project, which is how I found out about Charity Challenge and why I ended up on this trek. Like many people here, I did it for cancer research because cancer seems to affect everyone. My grandfather died of cancer, my grandmother survived it and my friend's mom just got the all-clear of cancer, as well."

2 Rosalind Havemann.
Charity: Leukaemia and Lymphoma Research

"I'm doing this trek in memory of my dad, who died of lymphoma seven years ago. I've raised (about $4,600) for Leukaemia and Lymphoma Research. It's also been a personal journey for me ... a bit of a midlife crisis. I've really loved doing the trekking and meeting everyone. Probably the best bit has been the really remote areas and meeting the local people. Peru has been a very special place in more than one way."

3 Steve Jackson.
Charity: Cancer Research UK

"I originally set out doing the trek for Cancer Research UK because my close friend's mother was taken by cancer ... and then one of the girls I worked with quite closely since I decided to do it was diagnosed with cancer. Six months after I decided to do the trek, my grandfather hadn't been well, and we couldn't quite figure out what was wrong with him. He was diagnosed with lymphoma cancer and died very quickly after being diagnosed. I wanted to do it for him as well, in memory of him."

It's judgment day for Pussy Riot after anti-Putin performance

Hooliganism charges. Russian art performer, poet and computer expert behind all-female punk band await verdict on Friday

One of the key ideas behind the Russian punk provocateur band Pussy Riot was the supremacy of an idea over personality — thus the balaclavas that made the members both unrecognizable and fearsome.

But the three members who were jailed in March following a guerrilla performance denouncing President Vladimir Putin in Moscow's main cathedral have unwillingly emerged as vivid — and very different — characters. They await a verdict Friday on charges of hooliganism motivated by religious hatred.

One is a daring performance artist with a notorious part in a filmed orgy just days before she gave birth. Another is a poet and environmentalist with pre-Raphaelite looks. Rounding out the trio is a quietly cerebral computer expert, who has applied her skills both to nuclear submarines and experimental art.

If convicted they could be sentenced to up to seven years in prison. The trial has attracted worldwide attention as an emblem of Russia's intolerance of dissent.

Nadezhda Tolokonnikova, Maria Alekhina and Yekaterina Samutsevich came together several years ago in a confrontational art group called Voina (War), which attracted notice with risqué stunts. The group painted a 65-metre penis on a St. Petersburg drawbridge — visible in much of the city when the bridge rose — and in 2008 staged an orgy in a Moscow museum as a mocking commentary on Dmitry Medvedev's imminent election as Russian president.

The three also took part in a less-publicized punk performance in 2009 at the trial against a prominent art curator in a Moscow court, singing "All cops are scum."

Voina's chief ideologist Alexei Plutser-Sarno said the three "performed courageously" with the art group.

Tolokonnikova, 23, who was heavily pregnant when she appeared in the museum orgy, is the main face of Pussy Riot.

"We were looking for genuine sincerity and beauty and found it in our punk performances," said Tolokonnikova in her final statement at the trial last week.

THE ASSOCIATED PRESS

FOLLOW COVERAGE OF THE SENTENCING ON FRIDAY AT METRONEWS.CA.

From left, Pussy Riot's Maria Alekhina, Yekaterina Samutsevich and Nadezhda Tolokonnikova.
MISHA JAPARIDZE/THE ASSOCIATED PRESS

It's about free speech

Paul McCartney wades in

Paul McCartney has sent his support to the punk band in trouble with the Putin government.

In a letter released Thursday, the former Beatle urged the three members of Pussy Riot to "stay strong."

McCartney said, "I, and many others like me who believe in free speech, will do everything in our power to support you and the idea of artistic freedom."

THE ASSOCIATED PRESS

Paul McCartney waves to the crowd during the opening ceremony for the 2012 Summer Olympics in July.

Military helicopters. 4 more bodies found in Mount Kenya crash

A Kenyan wildlife official says the final four bodies from a Ugandan military helicopter crash that killed seven people have been retrieved off of Mount Kenya.

Simon Githau, a senior warden with the Kenyan Wildlife Service, said that the final four bodies from Sunday's crash of a military helicopter were found on Thursday. Three bodies were found earlier.

Three military helicopters travelling to Somalia to help in the fight against al-Qaida-linked militants crashed on Sunday on Mount Kenya. The other two crashes did not result in fatalities. A fourth helicopter made it to its destination.

A Kenya Air Force helicopter in Nairobi on Wednesday. THE ASSOCIATED PRESS

Officials have not yet said why the helicopters crashed, though thick clouds and stormy weather were present Sunday around Mount Kenya, Africa's second-highest peak.

THE ASSOCIATED PRESS

Striking workers shot at by police in South Africa

South African police opened fire Thursday on a crowd of striking workers at a platinum mine, leaving an unknown number of people injured and possibly dead. Motionless bodies lay on the ground in pools of blood.

Police moved in on striking workers who gathered near the Lonmin PLC mine Thursday afternoon after urging them to give up their weapons and go home to their hostels and shacks. Some did leave, though others carrying weapons began war chants and soon started marching toward the township near the mine, said Molaole Montsho, a journalist with the South African Press Association who was at the scene.

The police opened up with a water cannon first, then used stun grenades and tear gas to try and break up the crowd, Montsho said.

Suddenly, a group of miners rushed through the scrub and underbrush at a line of police officers. Images broadcast by private television broadcaster e.tv showed officers immediately opening fire, with miners falling to the ground. Dozens of shots were fired by police armed with automatic rifles and pistols.

The gunfire from weapons apparently on full automatic ended with police officers shouting: "Cease fire!" By that time, bodies were lying in the dust, some pouring blood. Another image showed some miners, their eyes wide, looking in the distance at heavily armed police officers in riot gear.

It was an astonishing development in a country that has been a model of stability since white rule ended with South Africa's first all-race elections in 1994.

The shooting recalled images of white police firing at anti-apartheid protesters in the 1960s and 1970s, but in this case it was mostly black police firing at black mine workers.

The unrest at the Lonmin mine began Aug. 10, as some 3,000 workers walked off the job over pay in what management described as an illegal strike.

Lonmin is the world's third-largest platinum producer. Amid the unrest, global platinum values rose more than $30 US an ounce in trading Thursday.

THE ASSOCIATED PRESS

Striking mine workers throw stones as police open fire on the group at the Lonmin Platinum Mine near Rustenburg, South Africa, on Thursday. An unknown number of people were injured and possibly killed. THE ASSOCIATED PRESS

Union battles backstory

- The walkout appeared to be about wages, but the ensuing violence has been fuelled by the struggles between the dominant National Union of Mineworkers and the Association of Mineworkers and Construction Union. Inter-union disputes turned to violence at another mine earlier this year.

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11 dead after Black Hawk crashes in Afghanistan

Conflicting reports. Taliban leaders say fighters shot down chopper, but U.S. officials refute that claim as investigation into crash continues

The battle for Kandahar

The military chopper was shot down in northern Kandahar's Shah Wali Kot district.

- **Taliban stronghold.** The region is the spiritual birthplace of the Islamist movement that ruled the nation until its demise in 2001.
- **Strategic value.** The area where the attack took place is also a key transit route where roadside bombs and assaults on police checkpoints are commonplace.

Seven American troops and four Afghans died in a Black Hawk helicopter crash on Thursday in southern Afghanistan, the NATO military coalition said. The Taliban claimed their fighters shot down the aircraft.

The crash marked another deadly day for the U.S. in Afghanistan, less than a week after six American service members were gunned down, apparently by two members of the Afghan security forces they were training to take over the fight against the insurgency as international combat troops prepare to exit the country by the end of 2014.

The spike in American deaths and attacks by Afghan allies have stirred fresh doubts about the prospects for the U.S. plan to leave a capable Afghan government in place when most troops depart after more than a decade of war.

Spokesman Brig.-Gen. Gunter Katz said the NATO coalition is investigating the cause of Thursday's crash in Kandahar province, though U.S. officials said initial reports indicated it was not shot down.

U.S. officials said that there were no survivors of the crash and that three of the seven American troops killed were special operations forces — two navy SEALs and a navy explosives expert. THE ASSOCIATED PRESS

Pakistan under siege. Two deadly Taliban attacks heighten security concerns

Heavily armed Taliban fighters blasted their way into a Pakistani air-force base with possible links to the country's nuclear program in a brazen assault that took two hours of fighting to put down, leaving a security officer and nine insurgents dead and underscoring the group's continued threat despite numerous military offensives.

Hours later, Taliban gunmen in northern Pakistan forced 20 Shiite Muslims off buses, lined them up and killed them, the latest in a series of sectarian attacks that the government has seemingly done little to stop.

A Taliban spokesman said they carried out Thursday's attacks as revenge for the deaths of Pakistani Taliban leader Baitullah Mehsud in 2009 and al-Qaida chief Osama bin Laden last year. THE ASSOCIATED PRESS

Crisis in Syria

Assad official denies claims that regime is crumbling

Syria's foreign minister defiantly dismissed rebel forces and their international backers on Thursday as incapable of toppling the military defending Bashar Assad's regime, even as condemnation grew over expanded offensives that activists say have claimed dozens of civilian lives in recent days.

Foreign Minister Walid al-Moallem's confident tone contrasted sharply with a series of recent blows to Assad, including high-level military and political defections and the ability of rebel guerrillas to stage bombings and abductions in the heart of the capital, Damascus.

The timing of al-Moallem's interview on Syrian state TV also suggested attempts to reassure Iran, which still stands firmly behind Assad, and also UN Security Council members China and Russia. THE ASSOCIATED PRESS

Mass attacks in Iraq

Insurgents unleash fresh campaign of carnage, chaos

Insurgents unleashed a wave of attacks Thursday that killed 28 people and wounded dozens in central and northern Iraq, the latest in a series of strikes aimed at undermining the government.

The bomb and shooting attacks made for the country's deadliest day in more than three weeks, rattling nerves as families prepared to gather for a holiday weekend. More than 120 people have been killed in violence across the country since the start of August, showing that insurgents led by al-Qaida's Iraqi franchise remain a lethal force eight months after the last U.S. troops left the country.

One of the day's deadliest attacks came when a car bomb struck near the local security forces' headquarters in Daqouq. As police rushed to the scene, a roadside bomb exploded, killing seven policemen. THE ASSOCIATED PRESS

GIANT STUDENT APPEAL

What every student needs

Get your stud… entertainme… from Sask… d… TV Recorde… record all thei… while they're… also get His… nternet, a free Ma… nand movie re… music channels, …tions, unlimit… Vireless netwo… scanning, spar… Help Des… pp…

What do students need when they aren't in class or busy studying? They need a little down time. Movies, Internet access, TV shows, music and all that good stuff. But how can they afford all this entertainment on a student's budget? SaskTel has the answer: right now, students get giant deals when they sign up for SaskTel services including Ultimate Max TV, Digital TV Recorder, High Speed Plus Internet, Home Phone and Unlimited Long Distance—they get all five services for just $19/mo. for 3 months!

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Ikea. Furniture giant to launch budget-hotel chain

Best known for its budget flat-pack furniture, Scandinavian retailer Ikea is planning to launch a chain of budget hotels in Europe.

The property division of Inter Ikea — the company that owns the Ikea intellectual property rights — is planning hotels in 100 locations across Europe.

The first two hotels are expected to open in Germany in 2014. Other locations earmarked for hotels include Belgium, the Netherlands, the Nordic countries, Britain and Poland.

Inter Ikea, which already owns a handful of hotels in Europe since the startup of the property division in the 1990s, will work with another company to operate the chain.

Ikea, the world's largest furniture retailer, employs 131,000 people in 41 countries. THE ASSOCIATED PRESS

Maintaining philosophy

Although the hotel chain won't use Ikea's name or furniture, it will engrain the Ikea philosophy of "good quality at a reasonable price," says Harald Muller, a Brussels-based business-development manager of Inter Ikea's property division.

- The hotels will have a Scandinavian "feel" because the interior will be made by Nordic designers, but aside from that, "guests won't really recognize Ikea in it," Muller says.

Market Minute

DOLLAR 101.35¢ (+0.24¢)

TSX 12,032.58 (+127.14)

OIL $95.60 US ($1.27)

GOLD $1,619.20 US (+$12.60)

Natural gas: $2.72 US (-2.4¢)
Dow Jones: 13,250.11 (+85.33)

Facebook shares hit new low as lockup period ends

Facebook CEO Mark Zuckerberg is ineligible to sell his shares in the company until November. Those eligible to sell stock on Thursday were the investors and directors who had participated in the May IPO, as well as Microsoft Corp., an early Facebook investor. KEVORK DJANSEZIAN/GETTY IMAGES FILE

Declining stock. Early investors of the social-networking site get the option to sell after ban is lifted

Facebook's stock plunged below $20 US Thursday after the expiration of a ban that had prevented some early investors and insiders from dumping millions of additional shares they own in the social-networking leader.

Firms ranging from Accel Partners to Goldman Sachs, Zynga CEO Mark Pincus and Facebook board members James Breyer, Peter Thiel and Reid Hoffman were among those free to sell stock they own, after the lifting of a ban known as a lockup period.

Eligible shares

1.91B

Only 271 million shares became eligible for trading Thursday, but by the time all the lockups expire, that will come to 1.91 billion.

If many of them took advantage of that, Facebook's stock could decline because the market would be flooded with nearly two-thirds more shares.

It's not yet known whether any of those investors had sold any stock because they have three business days to disclose any sales, said Sam Hamadeh, the CEO of PrivCo, which researches privately held companies. But many of them likely did, he said.

Thursday was only the first of several lockup expiration dates for Facebook's stock. The biggest one is coming in the fall.

Facebook's stock traded as low as $19.69 before bouncing back slightly. The shares closed Thursday at $19.87, down $1.33, or more than six per cent. Its initial public-offering price was $38 back in May.

The previous low during the day was $19.82 and the previous low for a close was $20.04, both reached Aug. 2.

Facebook's stock is likely to be volatile until the end of the year when the majority of the lockups expire. Hamadeh called them a "dark cloud on the horizon." THE ASSOCIATED PRESS

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A PIXIE CUT, A WICKED ROAD TRIP AND THE DEATH OF AN ICON

THE LIST
Neil Morton
Metro

1 Hairgate. Miley Cyrus went all hairy on Twitter, posting a pile of pics of her new, dramatic pixie cut. Her tweets included lines like "Never felt more me in my whole life," "Someone just told me I'm prettier than Miley Cyrus" and "Feeling so happy in my skin." While her new style got mixed reactions, just watch pixie cuts come back. I'm getting one next week.

2 Sexting. I nearly dropped the F-bomb when I heard only now has the mainstream Merriam-Webster's Collegiate Dictionary added "sexting" to its latest edition. I mean, what the heck took so long? And, oh yeah, F-bomb — well, it's been finally added now, too.

3 Colour in Ryan Gosling. Colour Me Good Ryan Gosling, a new colouring-in book of the Hollywood hunk, is out. Touted as "the hottest colouring-in book of all time," it features 15 pages of Gosling in different poses and actions. So while you may not actually ever be able to touch Ryan Gosling in person, at least you can colour him in.

4 Sparkle. Whitney Houston's final role in the remake of the musical Sparkle can be seen starting Friday. The movie, which centres around three singing teenage sisters from Harlem who form a girl group in the late 1950s (Houston plays the mother), is dedicated to her memory. This role should be how she is remembered now, rather than how she died.

5 Olympics' closing. The amazing 2012 London Olympics ended with a psychedelic mashup ceremony including performances by the Who, Annie Lennox and the reunited Spice Girls (who averaged 116,000 tweets per minute during their performance, according to Twitter) ... and Kate and her brother-in-law Harry in the stands rocking out. Pure Gold.

6 Lakers are back. The Miami Heat's chances of repeating as NBA champions took a serious block with word the L.A. Lakers had acquired star centre Dwight Howard from Orlando. So let's see, the Lakers now have Kobe Bryant, Steve Nash, Howard and Pau Gasol. As Kobe said, this team is "locked and loaded to bring back the title." Better happen with this dream team assembled.

7 Ebook sensation. By taking the gamble to publish Finding Karla, on serial killer Karla Homolka, as an ebook rather than a hardcover book or long magazine piece, writer Paula Todd has changed the game of non-fiction publishing. Her "breaking news" ebook is a hit, holding down the top position on Amazon Kindle's non-fiction-singles bestseller list.

8 Aniston, take two. The woman whose heart was broken by Brad Pitt in 2005 will be walking down the aisle again, this time with Justin Theroux (her co-star in Wanderlust). They announced their engagement on the weekend after dating for over a year. Heck, they've already morphed into a clone couple, dressing alike. Ugh, just like Jen and Brad used to.

9 Cross-Canada Facebook. Trent University grad Greg Mountenay had the ultimate Canadian road trip this summer, visiting 300 of his Facebook friends across the country in a promotion sponsored by Canadian Tire while blogging about his adventures. I'm one airline/five-star-hotel sponsor away from going to visit some of my 600 Twitter followers.

10 K'naan. The Toronto rapper/poet/songwriter has announced plans to publish a children's picture book based on his life. When I Get Older: The Story Behind Wavin' Flag will be released in September and focus on how his family escaped their native Somalia during the 1991 civil war. This will be sure to inspire a whole generation of kids.

11 Helen Gurley Brown. The author of the iconic Sex and the Single Girl (1962) — sex and the city long before Sex and the City — died Monday at the age of 90. As editor of Cosmopolitan from 1965 to 1997, she was all about empowering modern women to enjoy sex and she changed the way other media focused on women and sexuality. Men thank you, too, Helen.

12 The mo is hot! A new book coming out from Toronto-based author Allan Peterkin, One Thousand Mustaches: A Cultural History of the Mo, looks at how the 'stache has undergone a cultural renaissance, mainly due to the international success of Movember. It's both a "lighthearted cultural history and an earnest style manual." Get it before you grow one.

Way to plant one on her

CAROLYN KASTER/THE ASSOCIATED PRESS

Smooching

Plaque marks Obamas' first kiss

U.S. President Barack Obama kisses his wife Michelle Obama on stage at a campaign event at the Alliant Energy Amphitheater Wednesday in Dubuque, Iowa, during a campaign bus tour through the state.

The president first kissed his wife outside a Chicago ice-cream shop — and there's a plaque to prove it.

The owners of a Hyde Park shopping centre installed the 1,360-kilogram granite marker this week with a plaque reading: "On this site, President Barack Obama first kissed Michelle Obama."

There's a picture of the first couple and a quote from the president describing their first date.

The sweet smooch happened in 1989, when the future president treated the first-lady-to-be to ice cream at a Baskin-Robbins, which is now a Subway restaurant.

The Obamas will celebrate their 20th wedding anniversary this October.

THE ASSOCIATED PRESS

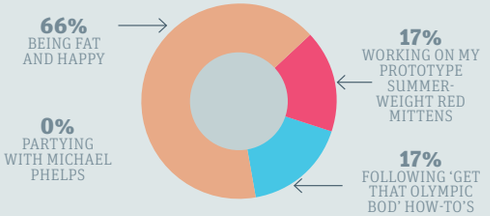
"On our first date, I treated her to the finest ice cream Baskin-Robbins had to offer, our dinner table doubling as the curb. I kissed her, and it tasted like chocolate."

A 1,360-kilogram granite marker sits at the corner of Dorchester and 53rd streets in Chicago. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How are you planning to spend the four years until the next Summer Olympics?



Twitter

@Fezickle75: If there's 1 lesson for the kids it's that #roadrage is a gateway rage - it leads to harder forms of rage #yqr Lowered expectations are key.

@Prairiepiper: Great summer in #YQR this year. One of the best in a long time. The only thing I don't like is the extra contrast we will feel this winter!

@theriderhood: Oh hey long weekend, what's up? Muscle shirts, #Riders, patios, pools, beaches and symphonies in the park that's what's up! #yqr #tigerbeat

@Sarahsreading: Wow, guess I should start paying attention to the civic election candidates... I didn't even know there was one coming! #YQR #outtolunch

metro

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SCENE 2

It's up to Norman to save his town from a witch's curse. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

A spooky spectacle

ParaNorman. Kid's movie is decidedly dark, but doesn't have much to offer the really young or older crowds

Richard: Mark, it's been a long time since a kid's movie this dark has been unleashed on our unsuspecting youth. ParaNorman harkens back to a time when Disney used to make creepy cartoons like The Legend of Sleepy Hollow; before it was decided that kids shouldn't be exposed to anything except talking animals and stories about ecology. I loved it. It's strange and weird, and parents should understand it could induce nightmares in the really young, but it's good.

Mark: I can understand why you liked it, and it does seem like a throwback to a time before merchandised characters, but to me it felt like Tim Burton Lite. The test of an animated feature is whether a parent can enjoy it while their kids are watching it, and the answer is yes — but barely. It's surely no Shrek or Toy Story. It seems to skew pretty young, and I was restless throughout. But that may be about the kind of animation that was used — a digital, 3D, version of stop-motion cartoons. The look just didn't appeal to me, although it did contribute to the eeriness.

RC: I hear that, but I thought the 3D and scene composition gave it the look of beautiful, old View-Master slides. The stop motion work is lovingly handmade looking, giving the whole thing an organic coating that slicker, computer generated movies simply don't have. As for who this movie is for… well, I'm not exactly sure. Certainly not for little kids, but I thought parents and kids who enjoy getting mildly creeped-out, would find lots to like here.

MB: Matter of taste, I suppose. On another note, although you can't really talk about the acting in an animated film, you can talk about the voices. And there were two voices that need to be singled out for praise. The first is Jeff Garlin, from Curb Your Enthusiasm, whose aggrieved rasp was perfect for the father, and Casey Affleck, whose trippy drawl gave his jock bodybuilder a very original sound.

RC: I liked the voice work as well. I also enjoyed the writing. Lines like "Not believing in the afterlife is like not believing in astrology," are more sophisticated than the writing in your average kid's flick.

MB: I only wish there more of those lines!

Synopsis

Norman (voice of Kodi Smit-McPhee) is a 12-year-old who can see dead people. And talk to them, too. His unique gift, however, is unappreciated by his family, the townsfolk of Blithe Hollow and schoolmates, who call him AbNorman. He's an outsider, with only one friend, Neil (Tucker Albrizzi). When an old tale about a witch who cursed the town's forefathers to die a gruesome death and later rise from their graves comes true, Norman is the only person who can save the town.

- Richard: ●●●●○
- Mark: ●●○○○

On the web

Universal still pursuing Snow White sequel, but Kristen Stewart's role unlikely

NEED A RIDE?
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Drama

Sparkle

Director. Salim Akil

Stars. Jordin Sparks, Whitney Houston

●●○○○

Sparkle is a clichéd remake of a musical about an aspiring talent (Jordin Sparks), her conservative mother (the late Whitney Houston) and her singing siblings as they become a rising force in the 1960s. A familiar showbiz tale of betrayal and redemption, there's little originality in this faux biography except maybe its awareness about what it really is: a posthumous swan song for the driving force behind it getting made in the first place — Whitney Houston.

STEVE GOW

Action

The Expendables 2

Director. Simon West

Stars. Sylvester Stallone, Jason Statham, Chuck Norris

●●●○○

You can't take a film like The Expendables 2 seriously. After all, any movie that begins with the most gratuitous body count sequence since Team America isn't taking itself seriously either. Although a plot is negligible, it's certainly beside the point. Instead, Sly Stallone and Company continue their winking homage to '80s action by amping up the destruction and slipping in cheesy one-liners. It's not going to win any awards but it is stupid fun for a Friday night.

STEVE GOW

Kristen Bell fails to app-ease Grindr folk

Hit & Run. Star of car-chase comedy tried to get the company behind a hookup app on board to use their name in the film — they didn't believe it was her calling

NED EHRBAR
Metro World News in Hollywood

In the plot of Hit & Run, Dax Shepard's self-produced car chase comedy, there's an iPhone app that keeps popping up that bears a striking resemblance to the popular gay hook-up app Grindr. Only in the film the app — which uses geolocation technology to help users find similarly minded folks in their vicinity — goes by the name Pouncer. "They did not let us use their name. We did start with trying to have Grindr in the movie," Shepard explains. "It was a blessing that they said no because Pouncer is a lot funnier name than Grindr, so we were happy that it didn't work."

Shepard's co-star and fiancée, Kristen Bell, spearheaded the effort to get the folks behind the iPhone app on board, but that campaign was short-lived, as she explains. "They were initially flattered, and they read the script. But then I think that through talking to people in their office, somehow there was an insecurity that manifested of were we making fun of them? Which we weren't," she says. "We actually have friends that use Grindr, and it's hilarious that you can hook up with someone two feet away from you — whether it's gay or straight, it doesn't really matter. I think that they just felt like it was exploiting or making fun of them, and in the end they did not return our phone calls."

Shepard and Bell hardly need to prove their gay-friendly bona fides, though. The long-engaged couple has stated numerous times that they won't be tying the knot themselves until gay marriage is re-legalized in California. And in the script for Hit & Run, Bell's character takes Shepard's character to task for using needlessly homophobic language. So maybe it's really Grindr's loss.

"I think they're not happy now that they said no," Shepard offers.

As the couple learned recently, though, the Grindr folks might have stopped returning their calls for a very different reason.

"I just heard through the grapevine — through a friend of mine who's sleeping with one of the Grindr owners — that they never really, truly believed it was (Bell)," Shepard says.

Hit & Run opens next Friday. HANDOUT

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 17 TO THURS., AUG. 23. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd., 306-585-7442

The Bourne Legacy (PG) Fri 4:15-7:15-10:15 Sat-Sun 1-4-7:05-10:10 Mon-Thu 4:15-7:15-10:15
Brave (G) Fri 4:35 Sat-Sun 1:50-4:40 Mon 4:35 Tue 4:30 Wed-Thu 4:35
The Campaign (14A) Fri 4:45-7-9:35 Sat-Sun 1:05-3:20-5:35-7:50-10:05 Mon-Thu 4:45-7-9:35 Star & Strollers Screening Wed 1
The Dark Knight Rises (PG) Fri 6:40-10:15 Sat-Sun 2:40-6:40-10:20 Mon-Thu 6:40-10:15
Diary of a Wimpy Kid: Dog Days (G) Fri 4:40-7:05 Sat-Sun 1:25-3:45-6:45 Mon-Thu 4:40-7:05
The Expendables 2 (14A) No Passes Fri 5-7:35-10:05 No Passes Sat-Sun 2:10-4:50-7:20-9:55 No Passes Mon-Thu 5-7:35-10:05
Ice Age: Continental Drift (STC) Fri 4:20-6:45-9 Sat-Sun 1:35-3:55-6:30-9 Mon-Thu 4:20-6:45-9
Magic Mike (14A) Fri 4:50-7:25-10 Sat-Sun 4:30-7:10-9:45 Mon-Thu 4:50-7:25-10
ParaNorman (PG) Fri 4:30-6:50-9:15 Sat-Sun 1:55-4:15-7-9:20 Mon-Thu 4:30-6:50-9:15
Sparkle (PG) Fri 4:20-7:10-9:55 Sat-Sun 1:15-4:05-6:50-9:35 Mon-Thu 4:20-7:10-9:55
Step Up Revolution (PG) Sat-Sun 1:40
Total Recall (PG) Fri 7:20-10:10 Sat-Sun 7:30-10:25 Mon-Thu 7:20-10:10
The Watch (18A) Fri 9:20 Sat-Sun 9:25 Mon-Thu 9:20

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit 26, 306-522-9098

The Bourne Legacy (PG) Fri-Sun 1-1:30-4-4:30-7-7:30-10-10:30 Mon-Thu 1:30-4-4:30-7-7:30-10-10:30
The Campaign (14A) Fri 1:30-3:45-6-8:15-10:25 Sat 11:15-1:30-3:45-6-8:15-10:25 Sun-Thu 1:30-3:45-6-8:15-10:25
The Dark Knight Rises (PG) Fri 2:45-6:45-10:20 Sat 11:15-2:45-6:45-10:20 Sun 2:15-6:45-10:20 Mon-Thu 2:45-6:45-10:20
The Expendables 2 (14A) No Passes Fri 2:40-5:10-7:40-10:15 No Passes Sat 12:05-2:40-5:10-7:40-10:15 No Passes Sun 12:45-3:10-5:35-8:05-10:35 No Passes Mon-Thu 2:40-5:10-7:40-10:15
Hope Springs (PG) Fri 2-4:45-7:25-9:55 Sat 11:30-2-4:45-7:25-9:55 Sun-Thu 2-4:45-7:25-9:55
Ice Age: Continental Drift (STC) Fri 3:10-5:35 Sat 12:40-3:10-5:35 Sun 1:50-4:20 Mon-Thu 3:10-5:35
Mouse Hunt (STC) Sat 11
The Odd Life of Timothy Green (G) No Passes Fri 2:05-4:40-7:15-9:50 No Passes Sat 11:25-2:05-4:40-7:15-9:50 No Passes Sun-Thu 2:05-4:40-7:15-9:50
ParaNorman (PG) Fri 2:55 Sat 12:30-2:55 Sun 12:55 Mon-Thu 2:55
ParaNorman 3D (STC) Fri-Sat 5:15-7:35-10:05 Sun 3:10-5:30-7:50-10:10 Mon-Thu 5:15-7:35-10:05
Ted (14A) Fri-Sat 8-10:30 Sun 10:30 Mon-Thu 8-10:30
Total Recall (PG) Fri 2:15-5-7:50-10:35 Sat 11:20-2:15-5-7:50-10:35 Sun-Thu 2:15-5-7:50-10:35
WWE SummerSlam - 2012 (STC) Sun 6

The Bourne Legacy. HANDOUT

Kramer IMAX Theatre
2903 Powerhouse Dr., 306-522-4629

The Dark Knight Rises: The IMAX Experience (PG) Fri-Sat 1:15-7:15-10:15 Sun-Thu 1:15-7:15
To the Arctic 3D (G) Fri-Thu 5:30
Tornado Alley 3D (STC) Fri-Thu 4:15

Golden Mile
3806 Albert St., 306-359-5250

The Best Exotic Marigold Hotel (G) Fri-Thu 1:15-3:45-6:40-9:30
Dr. Seuss' the Lorax (G) Fri-Thu 1:40-4:05
The Five-Year Engagement (14A) Fri-Thu 6:30-9:20
Katy Perry: Part of Me (G) Fri-Thu 1:45-4-7:05-9:50
Madagascar 3: Europe's Most Wanted (G) Fri-Thu 1:30-3:50-6:45-9:40
Men in Black 3 (PG) Fri-Thu 1:35-4-6:55-9:45
Moonrise Kingdom (PG) Fri-Thu 1:25-3:50-7-9:35
Snow White and the Huntsman (PG) Fri-Thu 1:10-3:45-6:35-9:25
That's My Boy (14A) Fri-Thu 1:20-3:55-6:50-9:30

Regina Public Library Film Theatre
23 11 12th Ave., 306-777-6104

Bernie (PG) Fri 7 Sat 9 Sun 7
Edwin Boyd (PG) Thu 9
The Island President (G) Thu 7
Jiro Dreams of Sushi (G) Fri 9 Sat 7 Sun 9
No Films Showing Today (STC) Mon-Tue
Wednesday Plus (STC) Wed 7

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Who is Swift taking aim at?

Fans are speculating which ex-boyfriend Taylor Swift wrote her new single, We are Never Ever Getting Back Together, about, but at least one is taking himself out of the running.

"I can tell you it's not about me," Joe Jonas, who dated Swift in 2008, says during an interview with Washington, D.C. area radio station 94.7 Fresh FM.

"I can say it's not about me because I don't think we ever tried another time."

Garth leans on a familiar shoulder

Jennie Garth

Five months after her husband of 11 years — Twilight actor Peter Facinelli — left her, Jennie Garth tells In Touch that she has found a surprising rock to lean on: her former Beverly Hills, 90210 co-star Luke Perry, who, she says, has guided her through the split.

"Luke has been one of my friends who I can call and talk about stuff and has been through something himself," Jennie tells In Touch, on newsstands now. The 46-year-old actor and proud father of Jack, 15, and Sophie, 12, dealt with his own divorce in 2003.

The pair, who famously played lovebirds Kelly Taylor and Dylan McKay on the hit '90s series, are teaming up professionally in a new Old Navy commercial and a new television show they're co-producing.

"Luke's one of my best friends," Jennie, 40, tells In Touch. "It's really great to do something together."

Blossom star injured

Former Blossom star Mayim Bialik was hospitalized after being involved in a traffic collision with a car full of Chilean tourists in Hollywood Wednesday, according to TMZ.

Eyewitnesses say that after the "extremely loud" collision, Bialik was "crying really hard" and there was "blood everywhere."

The actress' hand was reportedly wrapped in a towel in an effort to stabilize a wound to her finger.

"Her finger was almost completely severed," a source says. "It was just hanging there."

Bialik was rushed to a nearby hospital, where the finger was able to be saved. Later that afternoon, she tweeted that she "will keep all my fingers."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Humphries' lawyers get crafty

MONICA WEYMOUTH
scene@metronews.ca

Kris Humphries is engineering a you-hurt-my-feelings lawsuit against former wife Kim Kardashian, and in the process has to serve her current boyfriend, Kanye West, a subpoena.

So how do you corner a guy with an entourage on the payroll? In a stroke of enviable genius, Humphries' lawyer sent the papers over in a Nordstrom box.

If a Cinnabon box lands at the Metro office, we're going to have some very tough decisions to make.

Humphries' lawyer engineered a sneak attack by trying to serve a subpoena on West by putting it in the Nordstrom box and sending it to Kardashian's house.

Kim's lawyer, Laura Wasser, told the judge in the divorce case about the ploy during a hearing that is still going on.

Kim has already racked up $250,000 in attorney's fees, yet it's unclear exactly what Humphries wants out of this.

Wasser said she's heard the reports that Humphries and his lawyers want to put reality TV on trial, and there seems to be evidence to back that up.

Wasser noted that Humphries has served Kris Jenner with a subpoena and NBC Universal and Bunim/Murray, which produces the Kardashian reality shows.

Katie Holmes and Tom Cruise. ALL PHOTOS GETTY IMAGES

Katie wants Tom to stay in daughter's life

Katie Holmes and Tom Cruise are set to reunite for the first time since Holmes filed for divorce when their daughter, Suri, starts school in New York City after Labor Day, according to Radar Online.

"Tom and Katie have been speaking on the telephone regarding Suri, and Katie has been very supportive of Tom wanting to be there when Suri goes to her new school for the first time," a source says.

"It's a big moment in Suri's life and Katie wants Tom to be a part of that. Of course, there will be security concerns and Tom doesn't want to disrupt other parents and students at the school with his presence, which means he could very well slip in and out via a back entrance.

"Katie doesn't want Suri to suffer because of their divorce and both parents are truly putting the needs of their little girl ahead of their own feelings."

Drizzy, Breezy facing lawsuit

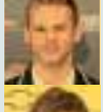
Two months after a bottle-throwing brawl erupted between their entourages at a New York nightclub, Chris Brown and Drake find themselves slapped with a $16 million lawsuit for being responsible for the fracas, according to the New York Daily News.

A lawyer for Entertainment Enterprises Ltd., which has ties to the club, says the two R&B stars are ultimately responsible for their followers' behaviour. "It's their posse, and they're in charge, and to the extent that they could have controlled or dissipated whatever was going on, we don't believe they did," he tells the newspaper.

Twitter

@AlbertBrooks
This election is making me insane. I would rather at this point see these four men box.

@lindsaylohan
Making movies happen.... :)



@DomsWildThings
An ex bay watch actress was hospitalized after falling whilst hiking looking for "Noahs ark" somewhere in the middle east. This. Is. True.

@lenadunham
My Mom: "You know one of your babysitters killed herself." My Dad: "Well, that wasn't Lena's fault." My Mom: "it wasn't NOT her fault."

BOMBAY SERVES UP AUTHENTIC INDIAN FOOD

You've had Indian food in Regina before, but have you had it done right? Museb Maruwala doesn't think so.

"The first butter chicken I tried here didn't even have the proper sauce," he remembers. "I asked the waiter why, and he told me Reginans don't care if the Indian food they eat is authentic. I told him he was wrong. And I promised to open an Indian restaurant of my own, to prove it."

Museb was true to his word. His new establishment, Bombay East Indian Restaurant, has been open for more than a month now — serving only authentic Indian cuisine. Located downtown, its lunch buffet and dinner menu are a hit with Regina's business crowd. "We already have repeat customers," says Museb, who is onsite daily to greet his guests.

Why the name? Bombay's cuisine is a fusion of tastes from across India. It has something for everyone, just like the restaurant.

LUNCH SPECIAL EVERY DAY $11.99

But Bombay is also close to where Museb was born and raised. A welder by trade, he spent years abroad before moving to Montreal in 2001. In 2007, he made Regina his home, working for Brandt and other companies and becoming part of Union Local 179. It was through his union work that Museb realized the potential for an authentic Indian restaurant in this city.

"My wife and I both love to cook, so I always brought the best lunches to the jobsite," Museb remembers. "I ended up giving away more meals than I ate. Some of these jobsites had several thousand workers, so word spread quickly. I knew we were making something people loved."

Bombay East Indian Restaurant is open for lunch Monday to Friday, 11 a.m. to 2 p.m.; for dinner Monday to Thursday, 5 p.m. to 9:30 p.m., and until 10:30 p.m. on Fridays. It is open all day Saturday, 11:30 a.m. to 10:30 p.m.

CHEF PARVEEN INSISTS ON QUALITY

To prepare authentic Indian cuisine, you need the right ingredients. You also need the right chef. And you'll find him at Bombay East Indian Restaurant.

Born and trained in India, Chef Parveen is a former cook at five-star hotels on two continents. "He cooks Indian food the way it's meant to be cooked," says Museb Maruwala, the restaurant's owner. "He puts his heart into everything he makes, and he insists on quality."

Thanks to Chef Parveen, Reginans now enjoy true Indian cuisine. And if they aren't sure what to order, the chef is happy to assist.

"If a guest comes into the restaurant looking for something spicy, Chef Parveen might suggest the vindaloo," says Museb. "But if the guest wants something mild, he won't simply make the vindaloo bland. He'll suggest something else. That's doing it right. And that's how we do it here."

MORE INFORMATION

2143 ALBERT ST. 306-205-4940
www.bombayrestaurant.ca
WEBSITE GOES LIVE AUGUST 19.

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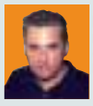
3 LIFE

Liquid Assets

Unlikely grape marriages



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

When winemakers get it on in the winery, it isn't always a monogamous relationship. It's often a twosome, threesome or even moresome.

Before you start with the emails, I'm talking grape combinations here, people.

The blending of grapes to create distinctive wine styles dates back to the origins of winemaking. In fact, most European wines are unions of different varietals.

Europe is so blasé about blending that many countries don't even put the names of the grapes on their labels — preferring to play up the region where a wine comes from and who makes it.

When newbies like Australia, Chile and California entered the wine scene in the late 1980s, they saw bragging about their fruit combos as a selling point. They, and other New World countries, have been at the forefront of a wave of funky grape marriages.

Down Under's Hardy's 2009 Butcher's Gold 'Chronicle No. 3' Shiraz Sangiovese ($15 - $16.99) has a mouthful of a name to go along with its mouthful of flavour.

Sangiovese is the traditional grape of Italy's Chianti region and its bright cherry fruit works wonders with the black spiciness of the shiraz.

Grilled meat anyone?

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Tuna livens up grill as summer's end nears

Grilled Tuna Steaks with Mango Herb Salsa. With fall about a month away, make the most of outdoor cooking with this exciting and easy dish

Summer makes us long for the grill. But by the end of the season, even our favourite burgers and dogs can feel a little bit tired.

So to keep your grilling interesting, here is a speedy grilled tuna dish that packs tons of big, bold flavours.

For this recipe, it's best to use tuna steaks, which are thick, meaty pieces cut from the fish in the opposite direction than a fillet.

You also could use salmon steaks, which often include the bone (which helps the flesh hold together on the grill). Swordfish also would work in this recipe.

Keep the prep simple with just a light coating of oil and a bit of salt and pepper. This also allows the flavour of the tuna to shine.

But to ensure you can also taste the fresh flavours of summer, top the tuna with a cross between a fruit salsa and an herby chimichurri.

It goes together in about 2 minutes with the help of a food processor.

1. Heat the grill to high.

2. In a food processor, combine the parsley, oregano, mint, 2 tablespoons of the olive oil, the red wine vinegar, garlic, red pepper flakes, and the lemon zest and juice. Process until well chopped, scraping down the bowl as needed. Add the mango and pulse once or twice to combine and lightly chop. Season with salt and pepper, then set aside.

3. Rub the tuna steaks on all sides with the remaining 1 tablespoon olive oil, then season them with salt and pepper. Grill the steaks for 2 to 3 minutes per side for medium-rare. Serve topped with the salsa. **THE ASSOCIATED PRESS**

Nutrition information

Here is the nutritional information per serving.

- **420 calories; 170 calories from fat (40 per cent of total calories); 19 g fat (3.5 g saturated; 0 g trans fat); 65 mg cholesterol; 21 g carbohydrate; 41 g protein; 3 g fibre; 200 mg sodium.**

Ingredients

- 1/2 cup packed fresh parsley leaves
- 1/4 cup packed fresh oregano leaves
- 1/4 cup fresh mint leaves
- 3 tbsp olive oil, divided
- 3 tbsp red wine vinegar
- 2 cloves garlic
- 1/2 tsp red pepper flakes
- Zest and juice of 1 lemon
- 2 mangos, peeled, pitted and diced
- Salt and ground black pepper
- Four 6-oz tuna steaks

Heat and sweet meet in mango salad

This fruit salad from Arthur Potts Dawson's cookbook, Eat Your Vegetables, pairs cooling cucumber and refreshing watermelon and mango with spicy red and green chilies.

There is also contrast between the sweetness of the fruit and the savoury flavours of the sauce. The result is a delicious and healthy combination with far more flavour than your typical fruit salad.

Using both chilies called for in this recipe makes for a dish with real kick. The heat is nicely moderated by the sweet watermelon and mango. But if you don't like things spicy, back down to half the amount of chilies.

1. In a large bowl, combine the cucumber, watermelon, mango, chopped mint and red and green chilies. Mix gently.

2. In a liquid measuring cup, whisk together the fish sauce, mirin and olive oil. Drizzle over the salad, then mix gently. Season with salt and pepper. Serve garnished with mint leaves. **THE ASSOCIATED PRESS /RECIPE ADAPTED FROM ARTHUR POTTS DAWSON'S EAT YOUR VEGETABLES, MITCHELL BEAZLEY/ OCTOPUS, 2012**

Ingredients

- 2 cups peeled, seeded and chopped cucumber
- 2 cups diced watermelon
- 2 cups diced fresh mango
- 3 tbsp chopped fresh mint, plus whole leaves to serve
- 1 red chili, thinly sliced
- 1 green chili, thinly sliced
- 1 tbsp fish sauce
- 1 tbsp mirin
- 1/3 cup olive oil
- salt and black pepper

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

On the Web

Top chefs take on Maine lobster during world championship cook-off

Negotiating committee

Campoli on NHL: 'They just want more money'

A day after hearing NHL commissioner Gary Bettman say a "wide gap" remained in collective bargaining negotiations, players were still upset that the owners quickly dismissed their initial proposal.

"The industry's grown a billion dollars since (the lockout) and basically they just want more money," Chris Campoli, a member of the NHLPA's negotiating committee, said Thursday.

"I thought in our proposal we made a step and considerable concessions to them," he added. "Frankly, it was a little disappointing to see the response yesterday and the view they have on it."

Campoli was one of three NHL players who took part in Thursday's subcommittee meetings, which covered secondary issues.

An unrestricted free-agent defenceman who spent last season in Montreal, Campoli has emerged as one of the strongest voices among the players.

The players offered to keep a hard salary cap and put a drag on their salaries in exchange for an expanded revenue-sharing system — but Bettman and the owners weren't in favour of it. THE CANADIAN PRESS

Quoted

"We want to fix the systematic issues they have with the way things are run and I think we're being more than fair."

Chris Campoli, defenceman and member of the NHLPA negotiating committee

Negotiations on ice

NHL. Uneasiness grows and 2012-13 season in doubt as lockout deadline nears

The first tense moments of the NHL's collective bargaining negotiations have arrived.

With Gary Bettman and Donald Fehr not scheduled to sit across from one another until the middle of next week and the sides unable to even agree on the core issues that need to be addressed, a sense of uneasiness has suddenly enveloped the talks.

After Wednesday's session, in which the NHL dismissed the union's initial proposal, Fehr set off for pre-scheduled player meetings in Chicago. The union boss will also oversee a session with players in Kelowna, B.C., before returning to Toronto and resuming CBA discussions on Aug. 22.

At that point, the league and the NHL Players' Association will have just 24 days left to reach a new agreement and avoid a lockout.

But where do they start? There is very little common ground between the proposals each side has put forth and neither seems particularly willing to move off its current position.

"What the issues are and how they get solved and how deep the issues go are something that we're not yet on the same page about," Bettman said Wednesday.

Meanwhile, the hockey world remains on hold — and many are starting to brace for the worst. The Detroit Red Wings announced Thursday that they're cancelling their annual September prospects tournament in Traverse City, Mich., due to the "uncertainty" surrounding the CBA.

Eight teams had been scheduled to participate.

"We have determined that it is in everyone's best interest to cancel this year's tournament," Red Wings GM Ken Holland said in a statement.

Sub-committees from the league and union gathered Thursday to discuss non-core economic issues such as travel, ice conditions and training camp. Both sides seemed encouraged about the status of those talks, but as deputy NHL commissioner Bill Daly pointed out: "I don't think that's where this CBA is going to get cut or not."

In simple terms, the owners want to pay players less — much less. Despite the fact the NHL's revenues grew from $2.2 billion before the 2004-05 lockout to $3.3 billion last season, a number of teams are still struggling.

The financial success of the wealthiest franchises over the last seven years ended up hurting the poorer ones.

That's because the salary cap was tied to overall hockey-related revenues and rose dramatically from $39 million in 2005-06 to $64.3 million last season, bringing the salary floor (the minimum teams must spend) up along with it. If next season was played under the current system, the cap would have been set at $70.2 million and the floor would have been $54.2 million.

However, a new deal needs to be put in place before the NHL resumes operations.

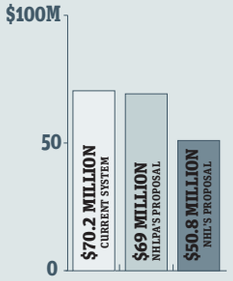
THE CANADIAN PRESS

NHL commissioner Gary Bettman speaks to journalists after leaving talks in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

The Capitals' Alex Ovechkin, centre, and the Senators' Jason Spezza, left, follow NHLPA executive director Donald Fehr on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

Salary-cap gap

Here's a look at how the salary cap would be impacted by the current CBA along with proposals from the NHL and NHLPA for the 2012-13 season:

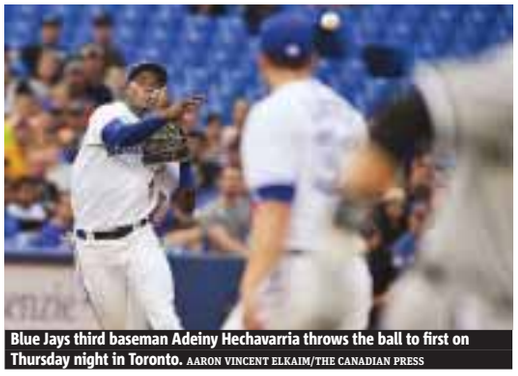


Far from floored

$14.2M

There is a salary-cap floor in the NHL— the minimum a team can spend on players. The current floor is $54.2 million. The NHLPA proposes a $53–million dollar floor while the league made a $38.8-million offer, for a gap of $14.2 million between the two sides.

Jays stomped in series with White Sox



Blue Jays third baseman Adeiny Hechavarria throws the ball to first on Thursday night in Toronto. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Left-hander Francisco Liriano allowed three hits over 6 1/3 innings and the Chicago White Sox hit five home runs Thursday to defeat the Toronto Blue Jays 7-2 at Rogers Centre.

It was the third win in a row for the White Sox after losing the opener of the four-game series.

Former Blue Jay Alex Rios hit his 19th homer in the eighth inning against left-hander Darren Oliver to give Chicago a four-run lead.

Blue Jays left-hander Aaron Laffey (3-4) allowed three runs on three hits — home runs by Dewayne Wise, Dayan Viciedo and Tyler Flowers — in six innings.

Thursday's game

7	2
White Sox	Blue Jays

Both Blue Jay runs against Liriano (4-10) came on a two-run homer in the second by Moises Sierra, recently called up from triple-A Las Vegas. Liriano was making his fourth start for the White Sox since he was obtained in a trade with Minnesota on July 28. His three previous starts were no decisions.

Chicago's fifth homer of the game was hit by Alexei Ramirez against right-handed reliever Brandon Lyon in the eighth when Chicago scored four times to break up a close game.

Sierra started the scoring for Toronto (55-63) with a two-run homer in the second inning. His second major-league homer followed a one-out single by David Cooper.

THE CANADIAN PRESS

4 SPORTS

Mobile sports

The London Olympics' motto to "Inspire a Generation" hasn't taken long to take effect in Canada. The women's under-20 World Cup kicks off this weekend with Canada inspired by and motivated to equal the bronze won by the senior team last week in London.

Bombers and Ticats rumble in Winnipeg

The Blue Bombers' Chad Simpson is taken down hard by Hamilton Tiger-Cats defenders during the first half of Thursday night's game in Winnipeg. Go to metronews.ca/sports for results from the game and for coverage of Week 8. JOHN WOODS/THE CANADIAN PRESS

Tennis

Raonic rails off win vs. Berdych in Cincinnati

Canadian Milos Raonic put on another serving display at the Western & Southern Open on Thursday, beating Czech fifth seed Tomas Berdych 6-4, 2-6, 6-2 to reach the quarter-finals of the Masters 1000 event.

The Thornhill, Ont., native hit 20 aces in just under two hours against the 2010 Wimbledon finalist, notching 33 winners and breaking Berdych three times.

"It was a good match for me. I did a lot of things well, and I'm happy with the way I closed it out after I had a really bad lapse in the second set," said Raonic. "But after that, happy with the way I closed it out."

Raonic won Thursday's opening set on a break in the ninth game but couldn't maintain momentum as Berdych stormed back in the second. THE CANADIAN PRESS

Hernandez finds perfection in an imperfect situation

MLB. Hernandez relishes perfect game; Mariners relish his contributions to the franchise

Felix Hernandez kisses his right wrist after throwing a perfect game against the Tampa Bay Rays Wednesday in Seattle. TED S. WARREN/THE ASSOCIATED PRESS

Gloves went flying into the air. Players screamed and celebrated, bouncing around the grass with unabashed joy.

Even in Jackson, Tenn., Felix Hernandez's perfect game against the Tampa Bay Rays on Wednesday was reason for celebration.

Sure there was a bit more of a personal connection for the Jackson Generals than just being the Double-A affiliate of the Mariners. Hernandez's older brother, Moises, is a pitcher for the Generals.

But the reaction nearly 2,500 miles away from Safeco Field speaks to Hernandez's importance to the Mariners organization.

Hernandez has a Cy Young Award. He's now joined the pitching elite with just the 23rd perfect game in baseball history.

What's next?

Trying to make the Mariners relevant again for more than just the efforts of their pitching ace.

"Just keep throwing the way I've been throwing," Hernandez said. "Just do my job. Try and help my team to win. That's what is next."

From the time Hernandez made his major-league debut in August 2005 as a curly-haired 19-year-old, the question has been "when," not "if" he would ever throw at least a no-hitter.

He nearly did in 2007, taking a no-hitter into the eighth inning at Fenway Park, finishing with a brilliant one-hit effort against the Red Sox. In 2009 against Texas, Hernandez carried a no-hitter into the eighth inning before Nelson Cruz hit a solo home run.

Those near-misses only increased Hernandez's desire to achieve perfection.

"This guy deserved the odds to fall in his favour, for sure," Seattle catcher John Jaso said.

Hernandez has stuck around in Seattle through a pair of 101-loss seasons since his debut seven years ago and countless days where he has been on his game and the Mariners offence failed to give him any support.

"The intangibles for me are what separates him," Seattle manager Eric Wedge said. "No doubt about it he's got great talent but there are a lot of players at this level that have great talent.... The teammate that he is, the leadership that he brings, the toughness and the consistency that he brings with all that, that's what separates him."

THE ASSOCIATED PRESS

Did Argos dump Boyd for bucks?

CFL EXTRA POINTS
Dan Toth
regina@metronews.ca

Forthcoming bonuses could have made it easier to for Double Blue to jettison top rusher; LaPolice's decision to change QBs could prove costly in Winnipeg; Mitchell's arm-bar has no place in B.C. or CFL

Pictures by The Canadian Press/The Hamilton Spectator

Argonauts

Running back Cory Boyd may have been a bad teammate and a failure at picking up blitzes, but it could have been salary-cap issues that sent him packing. With Ricky Ray on course for a 5,000-yard passing season and presumably big bonuses, the Argos had to shed salary.

Blue Bombers

Shocker on shock street! Bombers coach Paul LaPolice is indecisive, switching to Joey Elliott at QB ahead of Alex Brink for Thursday's clash with Hamilton. At 1-5 you have to do something, but the Bombers blindsided Brink when they needed stability.

Stampeders

The battered and bruised Stamps offensive line welcomed the un-retired Obby Kahn this week, and just in time, too. The 31-year-old Kahn, who hung 'em up after last season in Winnipeg, will fill in nicely after injuries to Steve Myddelton and Na'Shan Goddard.

Tiger-Cats

Hamilton defensive coordinator Casey Creehan had to change plans to cope with new Winnipeg starter Joey Elliott after assuming his squad would face Alex Brink. In Creehan's favour is the fact both QBs were in Bombers colours when Creehan was coaching in Winnipeg.

Roughriders

Three straight losses and Riders fans have gone from euphoria to panic. But after going a CFL-worst 5-13 last season, a 3-3 mark so far in 2012 indicates this year's club is miles ahead of last season, especially considering their losses have been by slim margins.

Lions

Khalif Mitchell is sticking with his story that it was a "football play" that caused Eskimo Simeon Rottier's hyperextended arm last month. Truth is, it was a vicious act and the league was right to reject Michell's appeal of his two-game ban.

Horoscopes

♈ Aries
March 21 - April 20
Indulge your desires today — every last one of them. Don't worry about what others might say. Life is too short not to have fun while you can. Friends and family will have fun being close to you too.

♉ Taurus
April 21 - May 21
What you want and what you get are likely to be two different things today. There is no point getting uptight about it because life is what it is. Just this once, let other people have their way.

♊ Gemini
May 22 - June 21
Some surprising things will happen over the next 24 hours and they will be the kind of things you enjoy. The more you are on the move and meeting people, the more surprises, and the more fun, you will have.

♋ Cancer
June 22 - July 23
Today's new moon will make it easy for you to talk about business and start deals that could one day make you rich. Remember: What you act on now will bring the rewards that you crave tomorrow.

♌ Leo
July 24 - Aug. 23
You have done more than enough for other people. Now it is time to do something for yourself. The new moon in your birth sign will inspire you to try something new, something a little — or even a lot — outrageous!

♍ Virgo
Aug. 24 - Sept. 23
What you think and feel today will leave you in no doubt at all what your next move must be, and if you act on what your instincts tell you then success of some kind will not be far behind. Be bold.

♎ Libra
Sept. 24 - Oct. 23
Work with other people to get things done. You may be quite capable of completing a task on your own but you will also be left with the nagging feeling that you could and should have done more.

♏ Scorpio
Oct. 24 - Nov. 22
You need to decide, once and for all, what your career path is going to be. Deep down you already know what you want to do with your life, so all you really have to do is commit to it, then act.

♐ Sagittarius
Nov. 23 - Dec. 21
A new moon in your fellow Fire sign of Leo means you won't let anyone or anything come between you and your goal. This is no time for questions — just get on and do what has to be done.

♑ Capricorn
Dec. 22 - Jan. 20
A debt of some kind needs to be paid. Pay it now while you are in a position to do so. It does not have to be a financial debt — most likely you need to repay someone for their emotional support.

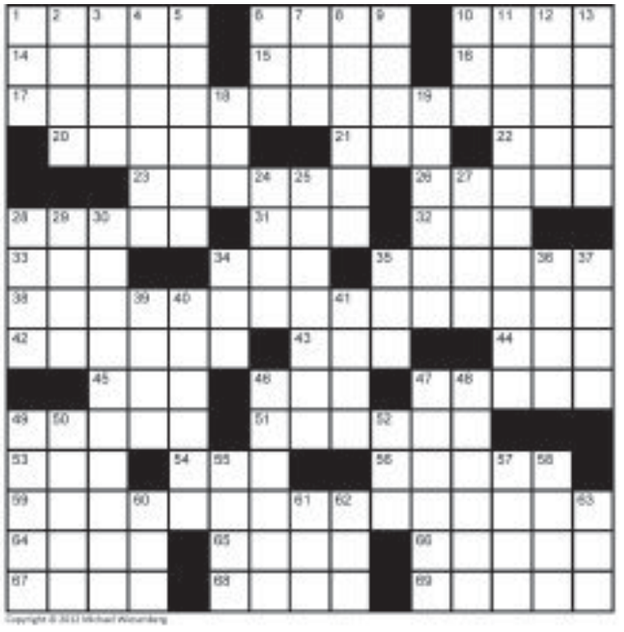
♒ Aquarius
Jan. 21 - Feb. 19
It may look as if other people have the upper hand but do they really have the power to tell you what to do? No, they don't! Stand up for yourself today. Refuse to do anything that goes against your interests.

♓ Pisces
Feb. 20 - March 20
Do what you have to do to fit in with a loved one's plans, even though there are other things you would rather be working on. If you help them today they will give you a free hand over the weekend.

SALLY BROMPTON

Crossword: Of PMs, Breweries, and Heroes

BY MICHAEL WIESENBERG



Across
1. "Parsley, sage, rosemary, and ___"
6. C&W's McEntire
10. Actor Arkin
14. "There's ___ Out Tonight": 1961 Capris hit (2 wds.)
15. Guinness of film
16. Rabbit
17. 13th PM (1957-1963) (2 wds.)
20. Emulates eagles
21. Pod occupant
22. Ltr. holder
23. Arrow poison that's also a muscle relaxant
26. Calm one's fears
28. Territory that doesn't have Territory in its name
31. Angry
32. What a ghost might say
33. Hawaiian tuna
34. Québec turndown
35. Robinson ___
38. Montréal brew (2 wds.)
42. Ye Olde ___, quaint store
43. Possess
44. ___ Lanka: Ceylon today
45. Atlas page
46. Wed. preceder
47. It's east of Newfoundland
49. Not level with
51. Actress Andress
53. "Just ___ naturally"
54. 35mm camera type
56. "Let's Make ___" (2 wds.)
59. 28-Across hero (2 wds.)
64. Bird feeder food
65. Bassoon or clarinet
66. Beetle Bailey's nemesis
67. ___ facto: as an inevitable result
68. Carpet measurement
69. Clandestine meeting

Down
1. ___ Mahal
2. Certain medical insurance plans
3. National Park just across Alberta-BC border from Banff
4. Monte Carlo locale
5. Evasive tactic (2 wds.)
6. Alberta-born actress ___ Dawn Chong
7. Santa's helper
8. Honked
9. Teenager's skin problem
10. "Eureka!"
11. Banff National Park's best known tourist destination (2 wds.)
12. Basketball game site
13. Bold
18. Lebanon neighbour: abbr.
19. "___, black sheep..." (2 wds.)
24. Andy's 1950s radio partner
25. Bitter resentment
27. *The ___ of the Rings*
28. Thanksgiving side dish
29. "Here comes trouble!"
30. TCH distances
34. Kingston-to-Ottawa dir.
35. *Headline News* channel
36. Tegan and ___: Calgary-born rockers
37. "What's going ___ there?" (2 wds.)
39. Expectorated
40. Act against
41. Bedazzles
46. Winnipeg's Fred ___: cofounder of 1970s rock band familiarly called BTO
47. First born
48. *Julius* ___: Shakespeare tragedy
49. Yogurt-based Indian drink often made with mango
50. Become unnavigable, as a sea in winter (2 wds.)
52. Old Egypt-Syr. alliance
55. Tomb Raider Croft
57. "Give it ___!": "Go for it!" (2 wds.)
58. Cabin material
60. Ronnie & the Daytonas sang about this car in the 1960s
61. Golf stand
62. BlackBerry or Palm Pilot, for short
63. Bring home after expenses

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Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7	3				5	2		
4			9	7				6
					6	4		
		2		9				5
	5						8	
9				1		7		
		3	6					
8				2	7			4
		1	8				3	2

Yesterday's Sudoku

6	4	5	7	8	3	2	1	9
2	7	3	9	1	4	8	5	6
1	9	8	2	6	5	3	4	7
3	5	1	8	2	7	6	9	4
7	8	6	5	4	9	1	3	2
9	2	4	6	3	1	5	7	8
5	3	2	4	7	6	9	8	1
8	1	7	3	9	2	4	6	5
4	6	9	1	5	8	7	2	3

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